

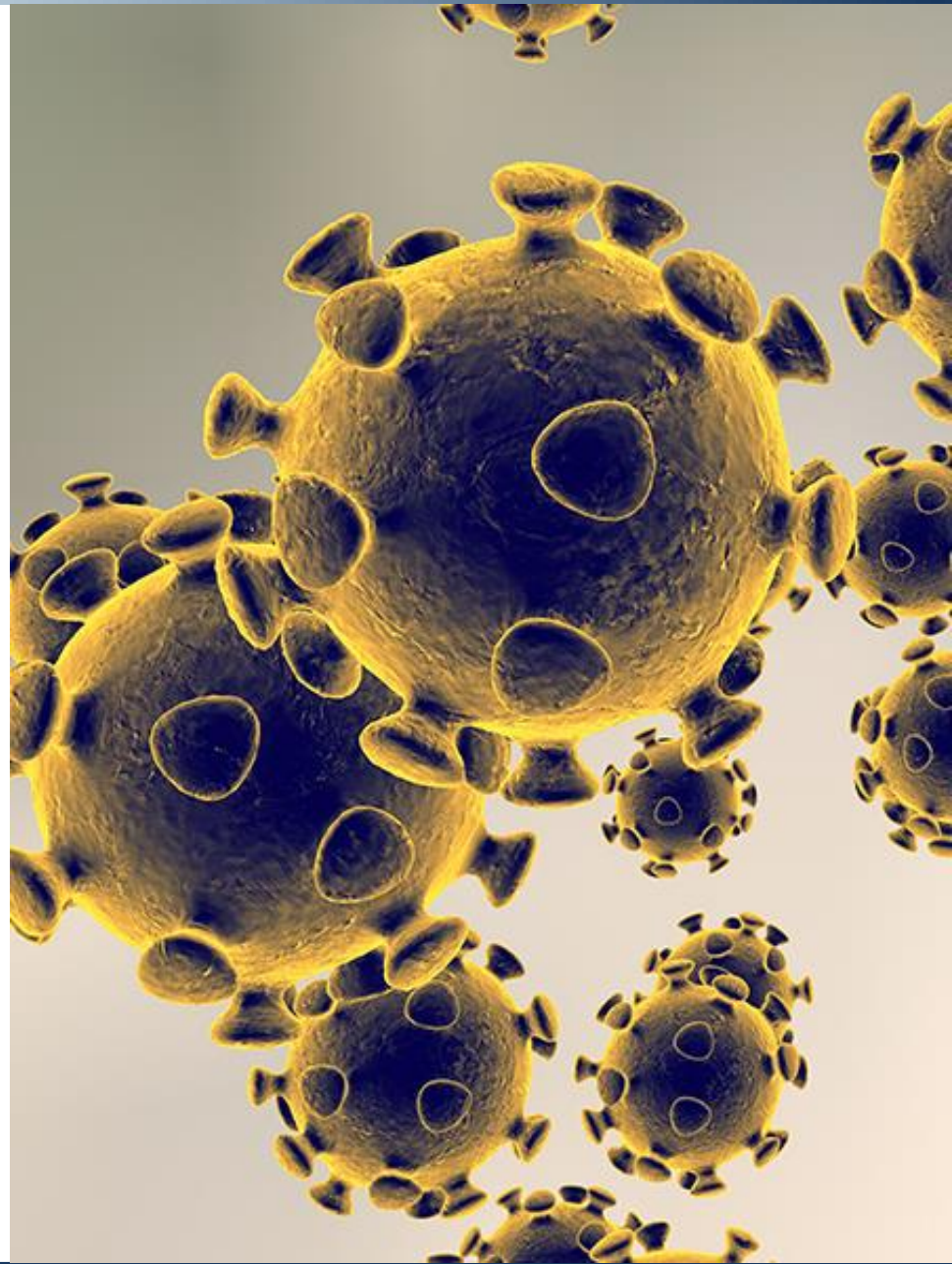
NC Department of Health and Human Services

Coronavirus Disease (COVID-19)

Updated March 10, 2020

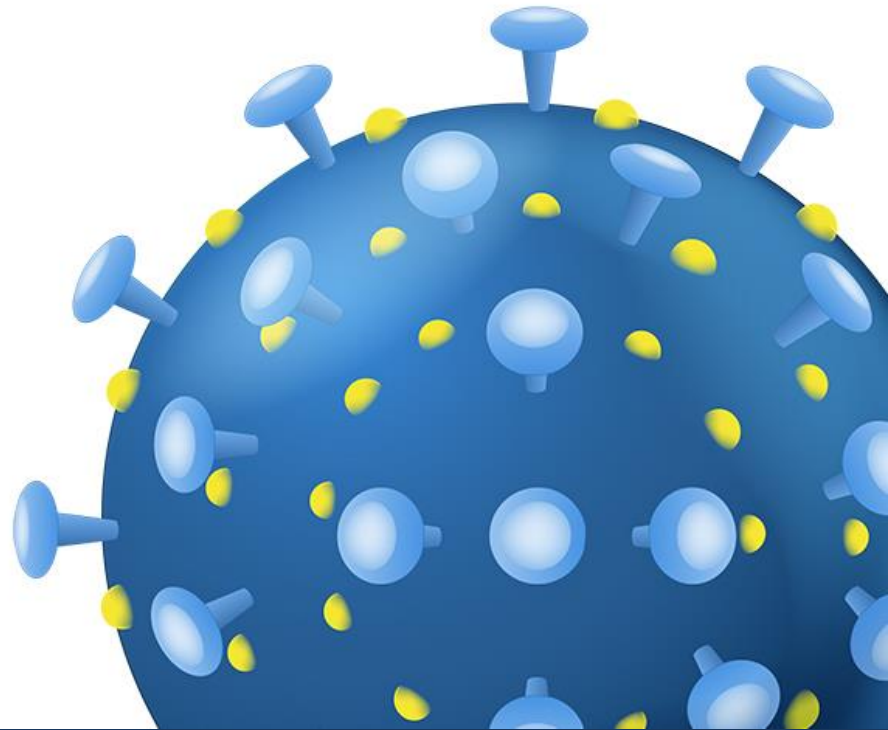
**This is a rapidly
evolving situation
and
recommendations
will change**

**Data
up to date as
of 3/10/2020**



There are 7 types of coronaviruses that infect humans

- **4 are common** and cause mild to moderate illness
- **3 have recently emerged** and can cause severe illness
 - MERS-CoV (Middle East Respiratory Syndrome)
 - SARS-CoV (Severe Acute Respiratory Syndrome)
 - COVID-19 (Coronavirus Disease)



The majority of COVID-19 cases are in mainland China



More than 110,000 cases globally (over 3,500 deaths)



More than 32,500 cases outside of mainland China (over 800 deaths)



647 cases in the United States

49 additional cases in persons repatriated to the US



7 cases in North Carolina

COVID-19 has been declared a public health emergency



WHO Global Public Health Emergency

An **extraordinary event that constitutes a public health risk** to other States through the international spread of disease

AND

potentially **requires a coordinated international response**

Previous declarations

2019 for Ebola
2016 for Zika
2014 for Ebola



US Public Health Emergency

A disease or disorder **presents a public health emergency**

OR

That a **public health emergency**, including significant outbreaks of infectious disease or bioterrorist attacks, **otherwise exists**

Previous declarations

Natural disasters
Opioid crisis
Zika

COVID-19 has a lower mortality rate than other novel coronaviruses

| | # of Cases | Mortality Rate |
|-----------------|------------|----------------|
| SARS | 8,096 | 9.6% |
| MERS-CoV | 2,494 | 34% |
| COVID-19 | >100,000* | 1.4-3.4%** |

*As of March 10, 2020

**Estimate based on early cases; likely to change

Travel recommendations

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

The screenshot shows the CDC website's page for Coronavirus Disease 2019 (COVID-19) travel information. The page has a teal header with the title "Coronavirus Disease 2019 (COVID-19)". Below the header, there is a navigation bar with the CDC logo and tagline "Centers for Disease Control and Prevention CDC 24/7: Saving Lives, Protecting People™". A search bar is located in the top right corner. The main content area is divided into a left sidebar and a main body. The sidebar contains a list of links: "Coronavirus Disease 2019 (COVID-19)", "COVID-19 Situation Summary", "What You Should Know", "Travel Information" (which is highlighted), "Traveling from China", "Communication Resources", "FAQ for Travelers", and "Preventing COVID-19 Spread in Communities". The main body features the title "Coronavirus Disease 2019 Information for Travel" and a sub-header "Travelers from China Arriving in the United States". Below this, there is a large image of a person walking with a suitcase in an airport terminal, with an airplane visible in the background. To the right of the image, there are sections for "Resources for Ships" and "Resources for Airlines", each with a list of links. At the bottom of the main body, there is a link to "Frequently Asked Questions and Answers for Travelers".

Coronavirus Disease 2019 (COVID-19)

CDC > Coronavirus Disease 2019 (COVID-19)

Coronavirus Disease 2019 (COVID-19)

COVID-19 Situation Summary +

What You Should Know +

Travel Information -

Traveling from China

Communication Resources

FAQ for Travelers

Preventing COVID-19 Spread in Communities +

Coronavirus Disease 2019 Information for Travel

This page includes information about Coronavirus Disease 2019 (COVID-19) for travelers and travel related industries.

Travelers from China Arriving in the United States

Resources for Ships

- [Guidance for Ships](#)
- [Cruise Ship Travel in Asia](#)

Resources for Airlines

- [Guidance for Airlines and Airline Crew](#)

[Frequently Asked Questions and Answers for Travelers](#)

Travel Recommendations

Warning – Level 4, Do Not Travel

Warning – Level 3, Avoid Nonessential Travel

Alert – Level 2, Practice Enhanced Precautions

Watch – Level 1, Practice Usual Precautions

As of March 10, 2020

Level 3: China, Iran, South Korea, Italy

Level 2: Japan

Level 1: Hong Kong

Check the CDC website for all countries with travel recommendations

There are no restrictions indicated for domestic travel.



CDC has established testing criteria

Patients who meet these criteria might be eligible for COVID-19 testing by public health

| Clinical Features | & | Epidemiologic Risk |
|---|------------|--|
| Fever ¹ or signs/symptoms of lower respiratory illness (e.g. cough or shortness of breath) | AND | Any person, including healthcare workers ² , who has had close contact ³ with a laboratory-confirmed ⁴ COVID-19 patient within 14 days of symptom onset |
| Fever ¹ and signs/symptoms of a lower respiratory illness (e.g., cough or shortness of breath) requiring hospitalization | AND | A history of travel from affected geographic areas ⁵ (see below) within 14 days of symptom onset |
| Fever ¹ with severe acute lower respiratory illness (e.g., pneumonia, ARDS) requiring hospitalization and without alternative explanatory diagnosis (e.g., influenza) ⁶ | AND | No source of exposure has been identified |

Testing is available through the NC State Laboratory of Public Health (NCSLPH)

- **Testing is recommended only for people who have symptoms (fever, cough, or shortness of breath)**
- **Tests are ordered by clinicians; those who think they may need a test should call their doctor or local health department first**
- **Positive test results NCSLPH initiate an immediate public health response from**
 - **Local health department(s) and hospital(s)**
 - **NC DHHS**
 - **NC Emergency Management**

NC DHHS is preparing and responding



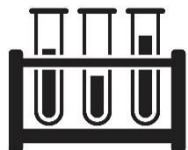
Identify and follow patients under investigation (PUI)



Emergency rule change to require reporting of suspect and confirmed cases



Develop and implement control measures, including self-monitoring with public health supervision, isolation, and quarantine



Implemented laboratory testing by the NC State Laboratory of Public Health

NC DHHS developed and disseminated guidance for healthcare partners



Emergency Medical Services (EMS)



Hospitals, clinics and urgent cares



Healthcare providers



Laboratories

NC DHHS is working with local communities



Individuals and Families

Hospitals and health care providers



Businesses and Employers

Colleges, Schools, and Child Care

Long-term Care Facilities

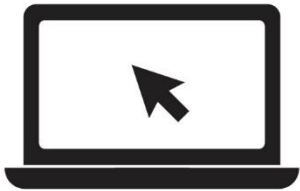


Travelers

NC DHHS established modes of communication

COVID-19 Website:

www.ncdhhs.gov/coronavirus



DPH COVID-19 Website for Health Care Providers and Local Health Departments:

<https://epi.dph.ncdhhs.gov/cd/diseases/COVID19.html>



General COVID-19 Questions:

Call NC Poison Control COVID-19 hotline at 866-462-3821.

Local Health Departments are working with partners to respond



Monitoring returned travelers from China, Iran



Ensuring communication with local EMS, hospitals and healthcare providers



Ensuring wraparound services for persons under monitoring and investigation

The Governor directed creation of a COVID-19 Task Force

- **Chaired by:**
 - NC DHHS State Health Director
 - NCEM Director of Emergency Management
- **Working to coordinate resources statewide for future scenarios**
 - Developing response plans that address a range of possible scenarios



Strategies may change based on the evolving situation

Containment

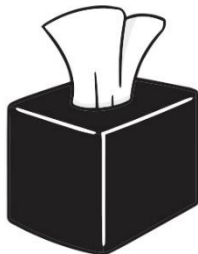
- **Monitor specific individuals for symptoms**
- **Contain the virus through isolation and quarantine procedures**
- **Conduct contact tracing**
- **Might not prevent spread of disease, but delays spread providing valuable time to prepare**

Mitigation

- **Provide guidance on personal, environmental, and community measures**
- **Provide guidance to providers on risk assessment**
- **Provide guidance on limiting the spread of illness**

While we continue to practice containment in the state of NC, mitigation preparation should begin. Additionally, these strategies do not occur in isolation and elements of containment and mitigation may occur simultaneously.

General prevention recommendations for COVID-19 are the same as those to prevent the spread of flu and other respiratory viral infections



- **Wash hands often with soap and water for at least 20 seconds**
- **If soap and water are not available, use an alcohol-based hand sanitizer**
- **Avoid touching your eyes, nose, or mouth with unwashed hands**
- **Avoid contact with others who are sick**
- **Cover your mouth and nose with a tissue or sleeve, not your hands, when coughing or sneezing**

Health Alert: Coronavirus Disease 2019 (COVID-19)

You have traveled to a country with an outbreak of COVID-19 and are at higher risk.

COVID-19 is a respiratory illness that can spread from person to person.

Stay Home

Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Symptoms can include:



Fever (100.4°F/38°C or higher)



Cough

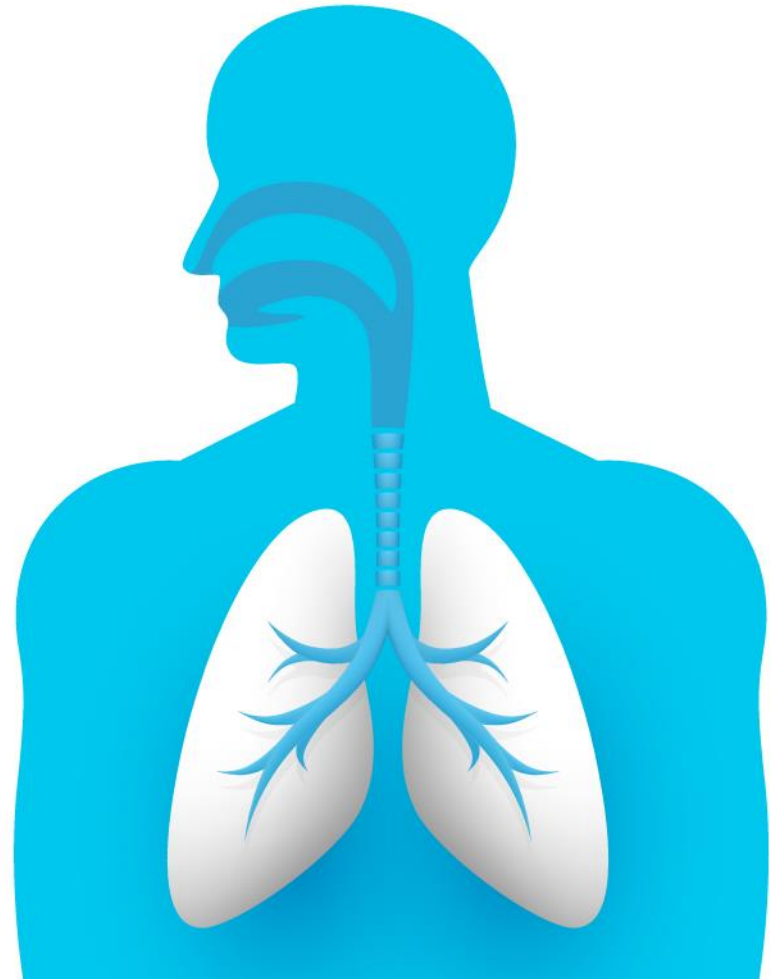


Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: www.cdc.gov/COVIDtravel

Symptoms of COVID-19 include:

- **Fever**
- **Lower respiratory symptoms:**
 - **Cough**
 - **Shortness of Breath**



If you have traveled to an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries), practice social distancing

- **Stay home for the next 14 days and monitor your health**
- **Take your temperature with a thermometer two times a day and watch for symptoms**

If people feel sick with fever, cough, or difficulty breathing and have traveled to affected geographic areas or were in close contact with someone diagnosed with **COVID-19** in the past 14 days, they should:



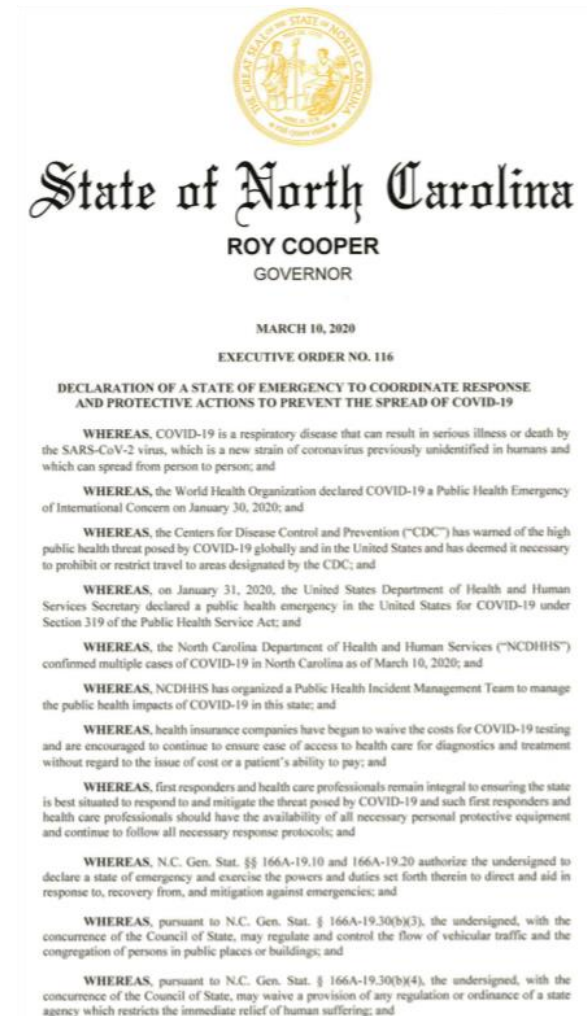
Contact your **doctor or local health department**



Call ahead and give history before going to the clinic, urgent care, or emergency room **to avoid exposing others**

As of March 10, 2020

- **Governor Roy Cooper issued an executive order declaring a state of emergency**
- **The declaration will**
 - **Activate the Emergency Operations Center**
 - **Make resources more readily available**
 - **Make it easier to purchase needed medical supplies**
 - **Protect consumers from price gouging**
 - **Increase local health departments' access to state funds**



NC DHHS Recommendations

- Recommendations based on guidance from the Centers for Disease Control and Prevention, current actions by other states, and the most up-to-date epidemiologic information available to protect the public's health
- Recommendations should begin immediately and extend through March 31, 2020
- Monitoring the situation closely to determine whether these recommendations will be extended beyond March 31st

“We all play a role in keeping our communities safe and healthy. These precautions can help us slow the spread of this virus and protect our more vulnerable neighbors,” said DHHS Secretary Mandy Cohen, M.D. “Let’s be guided by compassion and reason and work to support each other as a community.”

At high risk for severe illness include people:

- **Over 65 years of age**
- **Or with underlying health conditions including**
 - **Heart disease, lung disease, or diabetes**
 - **Or with weakened immune systems**
- **Caregivers of children with underlying health conditions should consult healthcare providers about whether their children should stay home**

Persons at high risk for severe illness

- **NC DHHS recommends people at high risk of severe illness should stay away from large groups of people as much as possible**
- **Including gatherings like:**
 - Concert venues
 - Conventions
 - Church services
 - Sporting events
 - Crowded social gatherings
- **People at high risk for severe illness should also avoid cruise travel and non-essential air travel**

Adult congregate living facilities

- **NC DHHS recommends that all facilities that serve as residential establishments for high-risk persons described above should restrict visitors.**
- **These establishments include:**
 - **Nursing homes**
 - **Independent and assisted living facilities**
 - **Correctional facilities**
 - **Facilities that care for medically vulnerable children**

In addition to good hand hygiene and other common-sense precautions, adult congregate living facilities should:

- **Review policies and procedures for infection prevention and mitigation, and make sure all employees follow these steps.**
- **Assure strict adherence to infection prevention practices**
- **Prevent the introduction of respiratory illnesses into their facilities.**
- **Continue to work closely with your local health department, NC DHHS and the Centers for Disease Control and Prevention (CDC), and follow their guidance**

Mass gatherings or large events

- **NC DHHS recommends event organizers**
 - **Urge anyone who is sick to not attend**
 - **Encourage those at high risk for severe illness as described above to not attend**
 - **Adopt lenient refund policies for those at high risk for severe illness**
 - **Find ways to give people more physical space to limit close contact as much as possible**
 - **Encourage attendees to maintain healthy habits, such as frequent hand washing**
 - **Clean surfaces with standard cleaners**

Mass gatherings and large events, workplace settings in the Triangle area

- **Additional recommendations made for residents of the Triangle**
- **On March 9, 2020, NC DHHS confirmed 5 new cases of COVID-19 in Wake County, increasing the total in the county to 6**
- **NC DHHS recommends that organizers of mass gathering events that primarily draw persons at high risk of severe illness should consider cancelling or postponing these events**
- **NC DHHS recommends that employers take steps to make it more feasible for employees to telework**

No one group, ethnicity or population in the US is more at risk for getting COVID-19

- **While some people may be worried or have concerns, it is important to not let fear lead to social stigma toward friends, neighbors or members of the community**
- **Treat all people with compassion**
- **Speak up if you hear others making statements that cause stigma against people in your community**
- **Remember to support one another as a community**

Take care of yourself

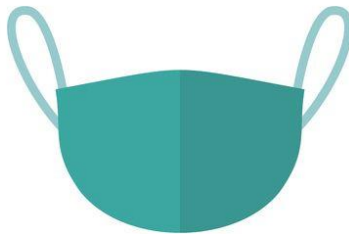
- **Keep things in perspective**
 - Remind yourself that the number of confirmed infections in the U.S. is very low
 - Try to unplug from the media from time to time
- **Get the facts**
 - Find up-to-date and accurate information from a credible source like NC DHHS or CDC
- **Communicate with your children**
 - Discuss accurate and age-appropriate information to allay fears and encourage compassion
- **Keep connected**
 - Maintain social networks to foster a sense of normality, provide outlets for sharing feelings and relieving stress
 - Share useful information found on governmental websites with your friends and family
- **Seek additional help**
 - Consult with a trained and experienced mental health professional when feeling distressed
 - Support your friends, neighbors

Individuals and Families can:

- **Take common sense precautions to protect themselves from the spread of respiratory illnesses including COVID-19**
- **Wash your hands frequently with soap and water for at least 20 seconds.**
- **Soap and water is most effective, but alcohol-based hand sanitizer is the next best choice**
- **Avoid touching your eyes, nose and mouth.**
- **Stay home from work or school if you are sick**
- **Avoid close contact with people who are ill.**
- **Cover your mouth and nose with a tissue when you cough or sneeze and throw it away.**
- **Clean and disinfect surfaces that are frequently touched.**

Individuals and Families can:

- **Follow CDC's recommendations for using a facemask**
- **CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.**
- **Facemasks should be used by healthcare workers, and people who show symptoms of COVID-19 to help prevent the spread of the disease to others.**



Businesses and Employers can reinforce good hand hygiene tips, other common-sense precautions with employees and patrons

- **Strongly encourage employees to stay home when sick**
- **Review policies and procedures for**
 - Remote or teleworking where possible
 - Absenteeism policies to ensure employees not encouraged to come to work if they are sick
- **Cross-train employees for key functions so daily schedules can continue relatively uninterrupted by potential absences**

Businesses and Employers can:

- **Establish relationship with your local health department**
 - **Locate your local health department**
 - **Communicate any questions or concerns**
- **Make sure getting reliable information from sources like the Centers for Disease Control and Prevention (CDC) and NC DHHS**

Perform routine environmental cleaning

- **Routinely clean frequently touched surfaces with cleaners typically used**
 - Workstations, countertops, and doorknobs
 - Use all cleaning products according to the directions on the label
- **Provide disposable wipes so commonly used surfaces can be wiped down by employees before each use**
 - Keyboards, desks, remote controls, desks

Recommendations for Triangle area employers

- **NC DHHS recommends that employers take steps to make it more feasible for employees to telework**
- **Employers should:**
 - **Urge employees to stay home when they are sick and maximize flexibility in sick leave benefits**
 - **Consider staggering start and end times to reduce large numbers of people coming together at the same time**

Schools, colleges, universities and childcare centers:

- **Take precautions to protect students, children, faculty and staff from the spread of respiratory illnesses including COVID-19:**
- **Review, update, and implement emergency operations plans (EOPs)**
- **Develop information-sharing systems with partners.**
- **Monitor and plan for absenteeism**
- **Establish procedures for students and staff who are sick at school.**
- **Perform routine environmental cleaning**
- **Create communications plans for use with the school community.**

Review, update, and implement emergency operations plans (EOPs)

- **Utilize information and resources from CDC and NC DHHS in your planning**
- **Emphasize common-sense preventive actions for students and staff (i.e. staying home when sick, handwashing, etc.)**
- **Reference the Readiness and Emergency Management for Schools Technical Assistance Center's website of free resources and trainings on planning for outbreaks**

Develop information-sharing systems with partners.

- **Use Information-sharing systems for day-to-day reporting (on absenteeism changes, etc.) and disease surveillance efforts.**
- **Local health officials are a key partner in information sharing.**

Monitor and plan for absenteeism

- **Encourage students and staff to stay home when sick.**
- **Review attendance and sick leave policies; use flexibility, when possible, to allow staff to stay home to care for sick family members.**
- **Review usual absenteeism patterns at your institution among both students and staff.**
- **Alert local health officials about large increases in student and staff absenteeism, particularly if absences appear due to respiratory illnesses (like the common cold or the “flu,” which have symptoms similar to symptoms of COVID-19).**
- **Discourage the use of perfect attendance awards and incentives.**
- **Identify critical job functions and plan for alternative coverage by cross-training staff.**
- **Determine what level of absenteeism will disrupt continuity of teaching and learning.**

Establish procedures for students and staff who are sick at school

- **Establish procedures to ensure students and staff who arrive to school sick or become sick at school are send home ASAP.**
- **Keep sick students and staff separate from well students and staff until they can leave.**
- **Remember that schools are not expected to screen students or staff to identify cases of COVID-19.**
 - **The majority of respiratory illnesses are not COVID-19.**
 - **If a community (or more specifically, a school) has cases of COVID-19, local health officials will help identify those individuals and will follow up on next steps.**
- **Share trustworthy resources (from CDC and NC DHHS) with the school community to help families understand when to keep children home.**

Perform routine environmental cleaning

- **Routinely clean frequently touched surfaces (e.g., doorknobs, light switches, countertops) with cleaners typically used.**
 - Use all cleaning products according to the directions on the label.
- **Provide disposable wipes so that commonly used surfaces (e.g., keyboards, desks, remote controls) can be wiped down by students and staff before each use.**
- **Provide sufficient soap for regular handwashing**
 - If soap and water are not available, provide alcohol based hand sanitizer for students and staff

Create communications plans for use with the school community

- **Include strategies for sharing information with staff, students, and their families.**
- **Include information about steps being taken by your institution to prepare, and how additional information will be shared.**

No recommendation for school closures at this time:

- **Children appear to be at lower risk of serious infections from the virus**
- **However, closures of some schools might be necessary in specific circumstances during the course of the epidemic**

This situation is rapidly changing

- **As more is learned, recommendations about school closures could change**
- **Decisions around school closures are always difficult to make**
- **Local Health Officials, school leaders will work to determine what is in the best interest of their community**

NC DHHS established modes of communication

COVID-19 Website:

www.ncdhhs.gov/coronavirus



DPH COVID-19 Website for Health Care Providers and Local Health Departments:

<https://epi.dph.ncdhhs.gov/cd/diseases/COVID19.html>



General COVID-19 Questions:

Call NC Poison Control COVID-19 hotline at 866-462-3821.